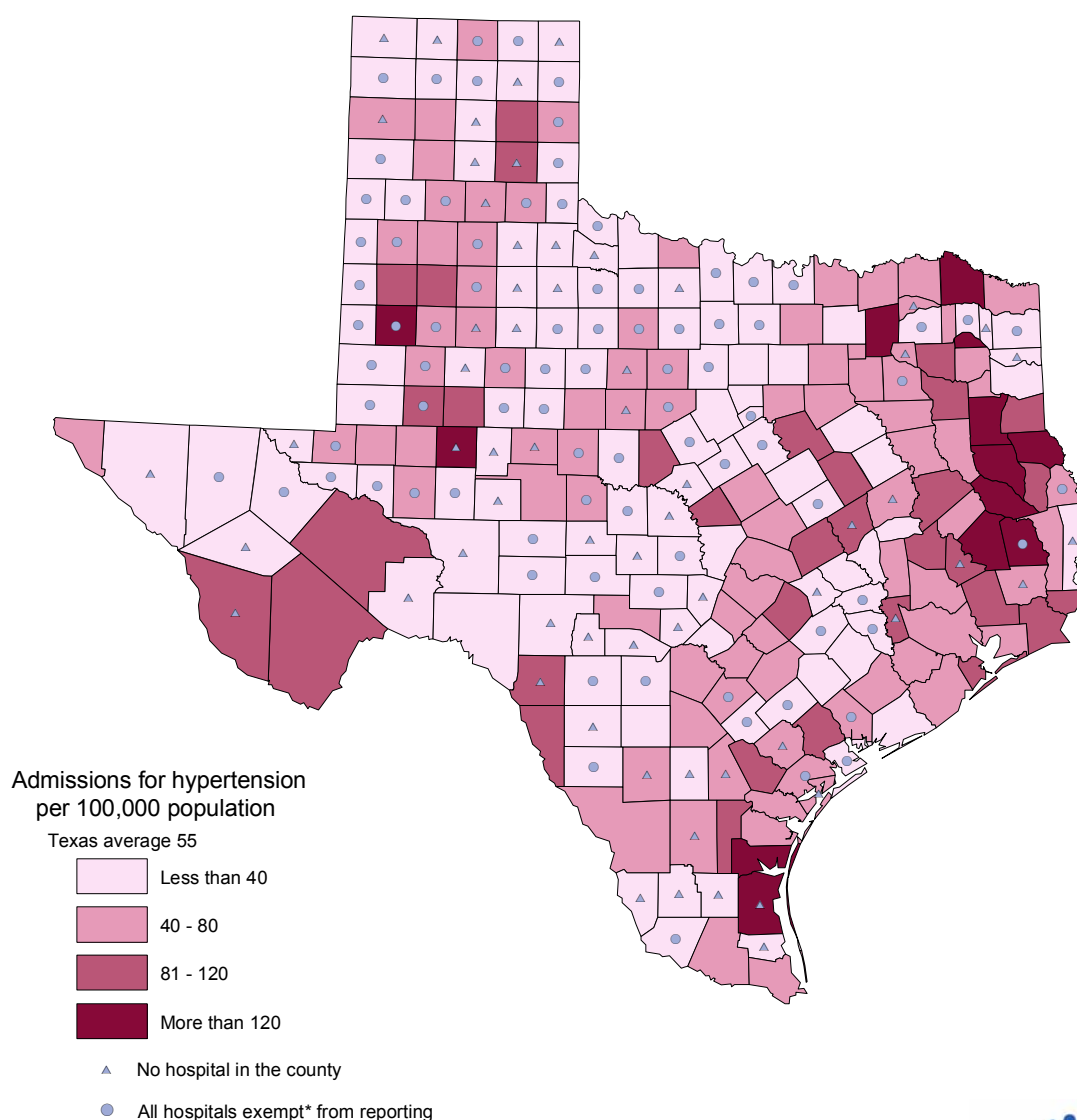


## 9. Hypertension (high blood pressure)

Blood pressure is the force of blood pumped by the heart through the body's blood vessels. Hypertension, or high blood pressure, is generally defined as an arterial pressure of greater than 140/90 mmHg over an extended period of time. It is not a single disease, but a syndrome with multiple causes. A number of studies have shown that lifestyle interventions often can help prevent and treat high blood pressure. For high blood pressure, these interventions include increasing the level of aerobic physical activity, maintaining a healthy weight, limiting the consumption of alcohol to moderate levels for those who drink, reducing salt and sodium intake, and eating a reduced-fat diet high in fruits, vegetables, and low-fat dairy food. Hypertension is often controllable in an outpatient setting with appropriate use of drug therapy.



\* THCIC collects data from most Texas hospitals. Some hospitals are statutorily exempt from reporting (see Introduction for details).

Source: THCIC, Texas Inpatient Hospital Discharge Data, 2001.

**Table 9. Hypertension Admission Rate**

Includes data from most Texas hospitals. Some hospitals are statutorily exempt from reporting to THICIC.

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Anderson	30	42,602	70.4	73.7	(40.0, 107.3)
Andrews	Less than 5	8,542			
Angelina	82	57,891	141.6	139.7**	(100.0, 179.5)
Aransas	13	17,097	76.0	66.5	(16.0, 117.0)
Archer	0	6,511	0.0	0.0*	(0, 0)
Armstrong	0	1,542	0.0	0.0*	(0, 0)
Atascosa	17	26,996	63.0	63.1	(24.0, 102.3)
Austin	Less than 5	17,840			
Bailey	0	4,539	0.0	0.0*	(0, 0)
Bandera	Less than 5	14,423			
Bastrop	41	43,941	93.3	94.2**	(56.7, 131.7)
Baylor	0	3,093	0.0	0.0*	(0, 0)
Bee	21	23,068	91.0	94.7	(42.9, 146.6)
Bell	65	169,359	38.4	44.2	(31.1, 57.3)
Bexar	408	997,867	40.9	43.5*	(38.1, 48.8)
Blanco	Less than 5	6,535			
Borden	0	493	0.0	0.0*	(0, 0)
Bosque	0	13,338	0.0	0.0*	(0, 0)
Bowie	38	66,187	57.4	54.0	(30.9, 77.1)
Brazoria	73	177,450	41.1	45.2	(32.2, 58.1)
Brazos	19	111,434	17.1	29.9*	(16.6, 43.1)
Brewster	7	6,634	105.5	103.9	(2.6, 205.1)
Briscoe	Less than 5	1,240			
Brooks	Less than 5	5,265			
Brown	35	27,733	126.2	119.3**	(66.2, 172.3)
Burleson	0	12,153	0.0	0.0*	(0, 0)
Burnet	6	27,097	22.1	13.6*	(0, 31.7)
Caldwell	16	23,890	67.0	66.2	(23.6, 108.8)
Calhoun	6	14,715	40.8	37.8	(0, 78.9)
Callahan	5	9,478	52.8	43.2	(0, 97.8)
Cameron	128	225,161	56.8	58.1	(45.1, 71.1)
Camp	13	8,514	152.7	145.5	(39.8, 251.3)
Carson	Less than 5	4,615			
Cass	Less than 5	22,595			
Castro	Less than 5	5,318			
Chambers	8	19,068	42.0	44.7	(5.5, 83.9)
Cherokee	26	34,984	74.3	69.3	(33.3, 105.4)
Childress	0	5,934	0.0	0.0*	(0, 0)
Clay	Less than 5	8,329			
Cochran	Less than 5	2,490			
Coke	Less than 5	2,995			
Coleman	Less than 5	6,837			
Collin	85	387,199	22.0	30.3*	(23.2, 37.5)
Collingsworth	0	2,295	0.0	0.0*	(0, 0)

\* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.

\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

**Table 9. Hypertension Admission Rate (cont'd)**

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Colorado	Less than 5	14,935			
Comal	15	61,501	24.4	19.7*	(5.2, 34.2)
Comanche	Less than 5	10,452			
Concho	Less than 5	2,945			
Cooke	5	26,841	18.6	13.6*	(0, 31.8)
Coryell	17	52,914	32.1	45.2	(21.5, 68.9)
Cottle	0	1,373	0.0	0.0*	(0, 0)
Crane	0	2,585	0.0	0.0*	(0, 0)
Crockett	Less than 5	2,768			
Crosby	Less than 5	4,767			
Culberson	0	1,859	0.0	0.0*	(0, 0)
Dallam	Less than 5	4,245			
Dallas	753	1,636,136	46.0	51.9	(47.4, 56.5)
Dawson	6	10,547	56.9	53.6	(0, 111.4)
De Witt	Less than 5	11,856			
Deaf Smith	Less than 5	4,008			
Delta	96	335,935	28.6	39.8*	(31.0, 48.6)
Denton	Less than 5	15,089			
Dickens	0	2,020	0.0	0.0*	(0, 0)
Dimmit	Less than 5	6,610			
Donley	Less than 5	2,921			
Duval	6	9,048	66.3	63.0	(0, 130.6)
Eastland	9	13,717	65.6	52.6	(2.5, 102.7)
Ector	49	83,086	59.0	59.9	(38.2, 81.6)
Edwards	0	1,395	0.0	0.0*	(0, 0)
Ellis	39	80,840	48.2	50.5	(30.2, 70.7)
El Paso	277	466,634	59.4	62.6	(53.2, 71.9)
Erath	5	24,291	20.6	19.0*	(0, 41.6)
Falls	Less than 5	13,567			
Fannin	21	24,055	87.3	80.3	(33.5, 127)
Fayette	Less than 5	16,903			
Fisher	Less than 5	3,223			
Floyd	Less than 5	5,179			
Foard	0	1,223	0.0	0.0*	(0, 0)
Fort Bend	106	259,018	40.9	49.1	(37.9, 60.2)
Franklin	6	7,346	81.7	71.2	(0, 150.8)
Freestone	Less than 5	13,748			
Frio	Less than 5	11,265			
Gaines	Less than 5	9,295			
Galveston	222	186,973	118.7	119.4**	(99.0, 139.9)
Garza	Less than 5	3,424			
Gillespie	Less than 5	16,520			
Glasscock	Less than 5	918			
Goliad	Less than 5	5,213			

\* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.

\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

**Table 9. Hypertension Admission Rate (cont'd)**

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Gonzales	11	13,276	82.9	75.1	(14.2, 136)
Gray	21	16,705	125.7	116.5	(49.0, 184.1)
Grayson	60	84,450	71.0	65.4	(42.9, 87.9)
Gregg	56	82,021	68.3	65.3	(42.4, 88.1)
Grimes	10	17,904	55.9	54.0	(9.6, 98.5)
Guadalupe	40	66,125	60.5	60.3	(35.8, 84.7)
Hale	12	24,586	48.8	46.7	(11.5, 82)
Hall	Less than 5	2,881			
Hamilton	Less than 5	6,188			
Hansford	Less than 5	3,720			
Hardeman	0	3,358	0.0	0.0*	(0, 0)
Hardin	24	34,769	69.0	66.9	(31.4, 102.4)
Harris	1,428	2,471,698	57.8	64.4**	(60.3, 68.5)
Harrison	17	44,720	38.0	35.3	(12.5, 58)
Hartley	0	4,304	0.0	0.0*	(0, 0)
Haskell	Less than 5	4,511			
Hays	28	76,119	36.8	45.8	(25.9, 65.6)
Hemphill	0	2,357	0.0	0.0*	(0, 0)
Henderson	33	57,161	57.7	49.4	(25.6, 73.1)
Hidalgo	215	376,373	57.1	60.7	(50.4, 71)
Hill	24	24,528	97.8	89.1	(40.3, 137.9)
Hockley	17	15,288	111.2	109.5	(41.0, 178.0)
Hood	6	32,775	18.3	11.0*	(0, 25.9)
Hopkins	Less than 5	23,693			
Houston	17	17,558	96.8	89.0	(31.4, 146.6)
Howard	27	24,198	111.6	107.1	(53.3, 160.9)
Hudspeth	0	2,259	0.0	0.0*	(0, 0)
Hunt	75	57,385	130.7	128.6**	(90.3, 166.9)
Hutchinson	5	16,695	29.9	24.4*	(0, 55.3)
Irion	0	1,276	0.0	0.0*	(0, 0)
Jack	Less than 5	6,436			
Jackson	7	10,297	68.0	61.1	(0, 123.5)
Jasper	18	25,960	69.3	63.0	(23.2, 102.9)
Jeff Davis	0	1,638	0.0	0.0*	(0, 0)
Jefferson	171	184,789	92.5	89.9**	(72.1, 107.8)
Jim Hogg	Less than 5	3,554			
Jim Wells	32	27,312	117.2	115.3**	(62.8, 167.9)
Johnson	46	94,591	48.6	49.5	(31, 68)
Jones	Less than 5	15,482			
Karnes	Less than 5	11,356			
Kaufman	33	53,869	61.3	61.0	(33.7, 88.2)
Kendall	7	18,426	38.0	33.3	(0, 67.7)
Kenedy	Less than 5	289			
Kent	0	621	0.0	0.0*	(0, 0)

\* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.

\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

**Table 9. Hypertension Admission Rate (cont'd)**

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Kerr	27	34,350	78.6	63.7	(28.8, 98.5)
Kimble	Less than 5	3,424			
King	0	234	0.0	0.0*	(0, 0)
Kinney	Less than 5	2,619			
Kleberg	38	21,679	175.3	177.6**	(104.4, 250.8)
Knox	0	2,964	0.0	0.0*	(0, 0)
Lamar	21	36,085	58.2	52.0	(21.3, 82.7)
Lamb	6	10,212	58.8	50.6	(0, 107.5)
Lampasas	17	13,451	126.4	120.0	(43.6, 196.5)
La Salle	Less than 5	4,107			
Lavaca	5	14,390	34.7	20.9*	(0, 51.7)
Lee	Less than 5	11,468			
Leon	9	11,761	76.5	64.9	(4.8, 125)
Liberty	51	52,621	96.9	98.7**	(63.7, 133.8)
Limestone	18	16,327	110.2	102.9	(38.6, 167.1)
Lipscomb	0	2,208	0.0	0.0*	(0, 0)
Live Oak	6	8,914	67.3	59.5	(0, 125.6)
Llano	Less than 5	14,728			
Loving	0	52	0.0	0.0*	(0, 0)
Lubbock	139	176,312	78.8	81.7**	(64.3, 99.1)
Lynn	Less than 5	4,475			
McCulloch	Less than 5	5,838			
McLennan	40	156,383	25.6	24.7*	(14.5, 34.8)
McMullen	0	649	0.0	0.0*	(0, 0)
Madison	Less than 5	10,010			
Marion	Less than 5	8,599			
Martin	Less than 5	3,161			
Mason	0	2,926	0.0	0.0*	(0, 0)
Matagorda	10	26,371	37.9	36.2	(6.2, 66.2)
Maverick	33	30,673	107.6	110.3**	(61.7, 158.8)
Medina	10	28,778	34.7	33.5	(5.9, 61.1)
Menard	0	1,736	0.0	0.0*	(0, 0)
Midland	46	80,890	56.9	56.5	(35.1, 77.9)
Milam	16	17,739	90.2	81.6	(26.7, 136.4)
Mills	Less than 5	3,905			
Mitchell	Less than 5	7,183			
Montague	Less than 5	14,491			
Montgomery	134	224,427	59.7	62.4	(48.9, 75.9)
Moore	Less than 5	13,441			
Morris	Less than 5	9,840			
Motley	0	1,038	0.0	0.0*	(0, 0)
Nacogdoches	80	43,797	182.7	185.0**	(132.4, 237.5)
Navarro	13	33,351	39.0	34.1	(8.2, 60)
Newton	Less than 5	10,898			

\* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.

\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

**Table 9. Hypertension Admission Rate (cont'd)**

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Nolan	Less than 5	11,047			
Nueces	119	218,601	54.4	55.5	(42.6, 68.4)
Ochiltree	0	6,262	0.0	0.0*	(0, 0)
Oldham	Less than 5	1,335			
Orange	63	61,663	102.2	99.7**	(67.1, 132.2)
Palo Pinto	Less than 5	20,097			
Panola	21	16,563	126.8	119.6	(50.9, 188.4)
Parker	13	67,286	19.3	19.3*	(5.6, 33.1)
Parmer	Less than 5	6,498			
Pecos	13	11,603	112.0	113.5	(33.5, 193.6)
Polk	46	33,464	137.5	130.2**	(79.7, 180.6)
Potter	59	80,535	73.3	72.8	(48.4, 97.1)
Presidio	6	5,111	117.4	112.6	(0, 232.7)
Rains	6	7,513	79.9	72.4	(0, 151.9)
Randall	34	77,487	43.9	43.5	(24.3, 62.6)
Reagan	0	2,022	0.0	0.0*	(0, 0)
Real	0	2,362	0.0	0.0*	(0, 0)
Red River	22	10,812	203.5	191.5**	(83.8, 299.1)
Reeves	Less than 5	8,682			
Refugio	Less than 5	5,656			
Roberts	0	625	0.0	0.0*	(0, 0)
Robertson	13	11,436	113.7	105.9	(28.0, 183.8)
Rockwall	19	34,487	55.1	57.4	(24.4, 90.5)
Runnels	6	8,108	74.0	61.3	(0, 131.7)
Rusk	53	34,607	153.1	146.8**	(94.1, 199.5)
Sabine	5	8,404	59.5	43.9	(0, 102.5)
San Augustine	8	6,717	119.1	105.4	(4.1, 206.8)
San Jacinto	16	17,203	93.0	86.5	(29.2, 143.9)
San Patricio	32	46,229	69.2	70.6	(39.0, 102.2)
San Saba	Less than 5	4,428			
Schleicher	0	2,031	0.0	0.0*	(0, 0)
Scurry	6	11,551	51.9	47.3	(0, 99.1)
Shackelford	Less than 5	2,424			
Shelby	36	18,761	191.9	183.6**	(103.6, 263.7)
Sherman	0	2,292	0.0	0.0*	(0, 0)
Smith	113	132,169	85.5	82.2**	(62.0, 102.4)
Somervell	Less than 5	4,908			
Starr	6	34,046	17.6	22.3*	(1.6, 43.1)
Stephens	Less than 5	7,074			
Sterling	0	894	0.0	0.0*	(0, 0)
Stonewall	0	1,201	0.0	0.0*	(0, 0)
Sutton	Less than 5	2,859			
Swisher	Less than 5	5,835			
Tarrant	358	1,078,446	33.2	38.6*	(33.7, 43.4)

\* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.

\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

**Table 9. Hypertension Admission Rate (cont'd)**

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk- Adjusted Admissions
State Total	7,975	15,229,570	52.4	55.3	
Taylor	42	89,211	47.1	46.2	(27.8, 64.6)
Terrell	0	735	0.0	0.0*	(0, 0)
Terry	13	8,638	150.5	145.6	(40.6, 250.6)
Throckmorton	Less than 5	1,342			
Titus	Less than 5	19,818			
Tom Green	44	74,295	59.2	57.5	(35.0, 80.0)
Travis	198	615,946	32.1	41.8*	(35.2, 48.5)
Trinity	7	10,806	64.8	51.7	(0, 107.6)
Tyler	29	16,124	179.9	172.7**	(89.0, 256.4)
Upshur	21	26,239	80.0	74.7	(31.5, 117.9)
Upton	Less than 5	2,200			
Uvalde	0	17,825	0.0	0.0*	(0, 0)
Val Verde	Less than 5	31,109			
Van Zandt	24	37,362	64.2	55.7	(24.5, 87)
Victoria	64	59,454	107.6	106.9**	(72.6, 141.2)
Walker	39	48,424	80.5	88.0	(53.5, 122.5)
Waller	19	23,956	79.3	83.5	(35.7, 131.2)
Ward	Less than 5	7,204			
Washington	6	22,635	26.5	19.2*	(0, 42.7)
Webb	54	127,997	42.2	47.7	(32.1, 63.3)
Wharton	23	28,970	79.4	75.1	(33.9, 116.3)
Wheeler	Less than 5	3,773			
Wichita	45	94,894	47.4	46.0	(28.2, 63.9)
Wilbarger	0	10,291	0.0	0.0*	(0, 0)
Willacy	5	12,861	38.9	38.6	(0, 83.0)
Williamson	70	191,598	36.5	42.9*	(30.8, 55.1)
Wilson	13	23,336	55.7	55.0	(15.7, 94.3)
Winkler	Less than 5	4,761			
Wise	Less than 5	37,039			
Wood	28	29,120	96.2	84.3	(40.7, 127.8)
Yoakum	Less than 5	4,847			
Young	Less than 5	13,219			
Zapata	Less than 5	8,180			
Zavala	Less than 5	7,541			

Source: THCIC, Texas Inpatient Hospital Discharge Data, 2001.

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\*\* Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

